

HOW DO I MAKE SOLE'?

The mixture of water and crystal salt (Pink Himalayan Salt), called sole' (so-lay), is also called the primordial soup of life. When water combines with salt, positive and negative ions of the salt and water surround each other, and the ions become hydrolyzed. The crystalline structure of the resulting sole' is so profound that its' vibratory pattern (extent of its life power) persists in our bodies for over 24 hours after ingestion. This is probably the longest living time of any food that I know. It is the minerals that account for this and therefore very effective..

Start with a glass jar that has a plastic lid. Fill your glass 1/3 full with Pink Himalayan Crystal Salt stones or granules; then fill it to the top with your highest quality water. Twelve hours later, check to be certain there are salt crystals in the bottom that are not dissolved. At this point the solution will be saturated at a rate of 26% which is very similar to sea water. This concentration now remains stable. The glass can be refilled again and again with additional water and salt crystals as needed to keep this process going. As long as you have solid crystals in the bottom, and the solution has sat for at least twelve hours, you can be assured that you have a 26% solution. The mineral composition of Sole' is 93 minerals, and is very similar to human blood and amniotic fluid that surrounds each baby in the womb. This is like gold for mineral supple-mentation. These organic mineral salts do not contribute to heart disease, hypertension and other plaque buildup diseases.

Start out by taking only a quarter teaspoon of this salty brine every morning before breakfast with as much water as desired. You can also repeat this in the evening. If you can't taste it, or if it tastes sweet instead of salty as it should, this could mean that you are mineral deficient and could use a little more. Work your way up to a teaspoon or so in a glass of water for a delicious, satisfying way to start your day. Drink this on an empty stomach thirty minutes or so before eating breakfast and again in the evening. If you wish, you may add some freshly squeezed lemon juice. Some find this better tasting, and the lemon juice adds to the alkalizing effect of the minerals.

Due to the detox action of Sole', please use caution when first taking it. To avoid an unwanted cleansing reaction, work your way up to your daily teaspoonfuls very slowly. Extremely toxic individuals have been known to have profound reactions to just one or two drops of this vital solution.

People who have used our products tell us their long term joint aches, headaches, cancer pain, and various aches and pains, seem to either go away or greatly dissipate within days of beginning to use Sole' consistently.

Others have told us they feel more hydrated even when drinking less water. They say it feels as though their bodies utilize the water they are drinking more effectively when they use Sole'. For others, immune function

increases and energy levels rise. It's amazing how quickly our bodies rejuvenate when we utilize the gifts of nature! Other salts are not the same in their reaction as Pink Himalayan Salt. The only close one is Celtic Grey Salt; Pink Himalayan excels all!

*Remember to also use $\frac{1}{4}$ teaspoon of regular Himalayan Crystal salt in each quart of your drinking water as well to maintain your body's mineral maintenance levels throughout the day. **Thank you, Dr. Batmanghelidj; for your wonderful book, "Your Body's Many Cries for Water", where we learned to do this!***